

1909.

URBAN DISTRICT OF NEWMARKET, SUFFOLK.

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH ON THE
HEALTH AND SANITARY CONDITION OF THE URBAN DISTRICT OF
NEWMARKET, SUFFOLK, DURING THE TWELVE MONTHS ENDING 31st
DECEMBER 1909.

Population of Urban District according to Census 1901
was 10,686.

Area.- 5,640 Acres. Rateable Value.- £78,595.

Estimated Population - 11,855.

To
The Chairman and Members of the
Newmarket Urban District Council.

Gentlemen,

I beg to hand you my Report on the Sanitary
Condition of the Town for the year 1909.

- I. BIRTHS.- There were 208 births registered in the District, 105 being males and 103 females ; this gives a birth rate of 17.5 per thousand of the Estimated population, or 19.46 per thousand if calculated on the population at Census of 1901. In 1904 the birth rate was 24.6 ; in 1905, 22.00 ; in 1906, 21.48 ; in 1907, 17.5 and in 1908, 20.09. This shows a steadily declining birth rate.
- II. DEATHS.- The total number of deaths registered in the District was 139. Of these 39 did not belong to the district, leaving a total of 100 for Newmarket which is equivalent to a death rate of 8.43 per thousand. In 1905, the death rate

was 9.9 ; in 1906, 10.2 ; in 1907, 9.8 and in 1908, 9.06. This year's death rate is the lowest in the last ten years. Of these deaths, there were 30 in Exning, 31 in St. Mary's and 39 in All Saints'. 38 deaths were certified as due to Old Age.

INFANTILE MORTALITY.- Ten children died under the age of one year - this gives a mortality rate of 48.07 per thousand births, an extremely low rate. The Infantile death rate in 1900 was 200 per thousand births, and there has been a steady decline since that year. Of the 10 infants who died, five died of debility, two from Congenital defects, one from premature birth, one from Whooping Cough and one from Convulsions. One of the infants was illegitimate.

The average death rate per thousand at all ages for the last ten years - 1899 to 1909 - is 11.5.

THE PRINCIPAL ZYMOTIC DISEASES were responsible for two deaths, one from Whooping Cough and one Enteric Fever. One death was due to Influenza, and one to Diarrhoea.

Eight deaths were due to Phthisis, against 6 in 1908, and 14 in 1907. The death rate from Phthisis is small in the district, due, no doubt, to the good housing of the Working classes, and also to their occupation which is largely an out-door life. Only one pauper notification was received this year.

I should like the Council to consider the advisability of Notifying all cases of this disease, so that those suffering from it could be kept under observation and rooms occupied by them disinfected from time to time. Leaflets might also be distributed with instructions as to disposal of all expectoration, and the advantage of fresh air and thorough ventilation in this disease. Cheap pocket spittoons might also be procured and distributed to those unable to afford to buy them themselves ; by these means Patients would be less a source of danger to their neighbours and the spread

of the disease, in a great measure, checked. There is no special hospital for the treatment of Consumption in the district ; some cases are treated on the open-air principal at the Union Infirmary.

INFECTIOUS DISEASES NOTIFICATION ACT.- 44 Cases were notified during the year - 3 of Diphtheria, 3 of Erysipelas, 3 of Enteric Fever and 35 of Scarlet Fever.

Cases Notified.	Small Pox.	Scarlet Fever.	Diphtheria.	Membranous Group.	Typhoid Fever.	Puerperal Fever.	Erysipelas.
1900	0	7	0	0	11	0	5
1901	0	10	0	0	6	0	1
1902	0	50	4	0	1	0	6
1903	3	85	6	0	7	0	5
1904	0	65	5	0	4	1	1
1905	0	21	11	1	2	5	4
1906	0	3	4	0	9	2	2
1907	0	3	3	0	6	0	1
1908	0	9	10	1	9	1	0
1909.	0	35	3	0	3	0	3

I. ENTERIC FEVER.- The first case notified was in February at Exning, a year previously a case had been notified at the same house ; the sanitary arrangements were found defective, a midden privy being used then had probably contaminated the well. The two other cases were brother and sister, these also occurred in Exning, in August and September, - the well water was found to be contaminated from the privy, this was closed and a new well dug. All these cases were removed to the Infectious Disease Hospital, and the rooms and bedding disinfected.

II. DIPHTHERIA.- Three cases were notified, one in February and two in May, the last being two sisters ; no cause of infection could be discovered. The first case was treated at home - the room bedding and hangings and clothing, being disinfected, the first by Formaline Vapour, and the latter in the Council's Steam Disinfecter. Antitoxin Serum was provided in all cases.

III. SCARLET FEVER.- 35 Cases were notified - 7 in January, 5 in February, 7 in April, 8 in May, 4 in August, 3 in September and 1 in December.

The first series of cases were a continuation of a case ending 1908, then there was a pause of a month and a fresh outbreak, then isolated cases during the year. It was thought that probably a mild unrecognised case was the cause of the infection, and the Schools were visited, without result. All the cases were extremely mild. They were all - with the exception of 3 - removed to the Hospital. In all cases, the rooms occupied, and bedding, clothing, &c., used, were disinfected by Formaline Vapour and Steam.

IV. MEASLES.- A few cases occurred ; these were promptly notified by the Heads of the Schools, and were excluded from school attendance together with other children in affected families. This checked the outbreak.

V. MUMPS.- A somewhat severe epidemic occurred in the beginning of the year and lasted three or four months.

PHYSICAL FEATURES & GENERAL CHARACTER OF DISTRICT.- The Urban District is, at its lowest level, viz:- at Exning, about 50 feet above sea level - the lowest point of the town proper, viz:- at the Post Office, High Street, is 90 feet above sea level - its highest point being about 120 feet. The character of the sub-soil generally is chalk, and the town is wholly residential. The surrounding country is open and flat.

The chief occupation of the inhabitants is connected with horse-racing, a great number of them being employed in Racing stables. The occupation of the stableman is particularly healthy, the greater part of his life being spent in the open air.

HOUSE ACCOMODATION.- The Working classes, mainly consisting of Stablemen, are housed in brick cottages of 5 or 7 rooms, costing from £130 to £200 to erect and commanding a rental of six to 7 shillings a week ; these are now built under Bye-laws

similar to those of the Model Bye-laws of the Local Government Board. The older part of the town - known as "The Rookery" - consists of chalk-flint houses (back to back), lath and plaster and brick ; these were erected prior to the formation of the old Local Board of Health, and consequently little or no provision was made for open space round the buildings.

WATER SUPPLY.- The water supply is derived from deep wells sunk in the chalk and is at present in the hands of a private company - it is a high pressure supply. The water, although somewhat hard, is of exceptional purity. Samples from wells in the district have been analysed, the water was found to be impure, therefore the wells were closed and the town supply laid on. There are still a few private wells, but these are condemned when pollution is detected.

MILK SUPPLY.- The supply of the town is good, as shown by analysis for access to the analyses I am indebted to the Inspector under the Food and Drugs Act.

DAIRIES & COWSHEDS have been regularly visited and found clean and well kept. In one of the Cowsheds visited the ventilation was found to be inadequate, this has been remedied. There was no overcrowding of animals. The interiors of the sheds are lime-washed twice yearly.

COMMON LODGING HOUSES are clean and well kept. No complaint has been made against their owners.

SEWERAGE & SEWAGE DISPOSAL.- Some of the Bacteria beds having become choked it was thought advisable to construct a new circular bed with a revolving spray, the results obtained up to the present are good and will no doubt be much better when the bed has been worked a little longer ; a new and larger sedimentation tank has also been added. There are still some privy middens at Exning, and a few house drains to be connected to

the Sewer, it is hoped to do away with the former before long and have the whole of the district connected to the sewer.

HOUSE REFUSE.- This is collected by the Council's Carts weekly and destroyed in the Council's Destructor. The total number of loads destroyed during the year being 2,249 of House refuse and 173 loads of Trade, shop, and old refuse heaps, making a total of 2,422 loads.

The Steam Disinfector is being constantly used, for disinfecting articles of bedding, clothing, etc., from houses where infectious disease has taken place, with very good results. 35 Lots were disinfected during the year.

THE FOOD & DRUGS ACT.- The administration of this Act is in the hands of the Police, who take samples for analysis and prosecute when adulterations are found.

The Meat Supply of Newmarket is good, no carcase or parts of carcases have been condemned during the year.

EDUCATION ACT.- The Urban District Council take no part in the administration of this Act, it is in the hands of the County Council who have appointed their own Medical Inspector.

SCHOOLS.- The Public Elementary Schools have been frequently visited and arrangements found satisfactory.

FACTORIES & WORKSHOP ACTS.- Among these the Dairies, Ice-cream & Sweet Shops, Bakehouses, and other food purveying shops have been visited, the sanitary conditions investigated and found good. Various Laundries have been visited, but no alteration has been found necessary. In the workshops for makers of wearing apparel, no outwork is given with the exception of a few odd jobs at busy times. There is only one underground Bakehouse in the district, as this is kept clean and well ventilated it is recommended that it shall be registered for a further period of twelve months. The Bakehouses, which have been regularly visited are clean and well kept.

SLAUGHTERHOUSES.- These have been regularly visited and found on the whole clean and well kept. Lime-washing and cleansing has been carried out at frequent intervals according to instructions.

182 Sanitary Inspections were made during the year.

The Council have now under consideration the advisability of adopting the Infectious Disease Prevention Act, 1890. and parts of the Public Health Act, 1907.

The Council have decided to fit up a small Laboratory at the Sewage Farm, for the analysis of water and sewage.

RAINFALL.- During the year the rainfall, as recorded at the Sewage Farm, is as follows :-

January.	.87	July.	3.07
February.	.14	August.	2.00
March.	2.40	September.	2.08
April.	1.33	October.	4.16
May.	1.15	November.	.48
June.	5.23	December.	3.12
Total.			<u>26.03 inches.</u>

I have the honour to be

Your obedient Servant.

(Signed) JOHN H. MAUND.

Medical Officer of Health.

Newmarket.

31st January 1910.

TABLE I.

VITAL STATISTICS OF WHOLE DISTRICT DURING 1909 & PREVIOUS YEARS.

NEWMARKET URBAN DISTRICT.

Year	Popu- lation esti- mated to Middle of each Year.	Births.		Total deaths registered in the District.				Total Deaths in Public Instit utions in the Dis- trict.	Nett Deaths at all ages belonging to the District	
		Number	Rate.	Under 1 year.		At all ages.			Number	Rate.
				Number	Rate per 1000 Births.	Number	Rate.			
1899	10500	277	26.5	50	180.5	167	15.9	31	136	12.9
1900	10500	275	26.19	55	200.	160	15.2	33	136	12.9
1901	10686	273	25.5	49	179.4	168	15.7	30	138	11.0
1902	10686	284	26.57	32	112.6	178	16.6	42	148	13.8
1903	10686	286	26.76	34	118.8	152	14.2	40	123	11.5
1904	10686	263	24.6	43	163.4	187	17.4	40	161	15.06
1905	11500	253	22.0	18	70.7	130	11.3	41	103	8.9
1906	11590	247	21.47	31	125.5	156	13.5	49	123	10.7
1907	11672	204	17.56	14	68.6	156	13.5	54	112	9.8
1908	11695	235	20.09	15	63.8	139	11.9	46	106	9.06
Aver ages for years 1899 to 1908.										
1899	1102	259.7	23.7	34.1	128.3	159.	14.5	38	128	11.5
1909	11855	208	17.5	10	48.07	139	10.8	54	100	8.43

There were 39 deaths of Non-residents registered in Public Institutions in the District.

Death of 1 Resident was registered in Public Institution beyond the District.

At Census of 1901 the total population at all ages was 10,686
The number of inhabited houses were 2,114
Average number of persons per house 5.05

The area of the District in acres (exclusive of area covered by water) is 5,640.

TABLE II

VITAL STATISTICS OF SEPARATE LOCALITIES IN 1909 AND PREVIOUS YEARS.

NEWMARKET URBAN DISTRICT.

	1903.	1904.	1905.	1906.	1907.	1908.	1909.
Exning. Population.	3814	3814	4124	4193	4193	4198	3925
Births registered.	103	103	96	94	81	85	87
Deaths at all ages.	30	51	27	32	39	36	30
Deaths under 1 year.	13	9	4	9	2	5	2
St. Mary's. Population.	2825	2825	2999	3028	3028	3034	3315
Births registered.	74	66	69	63	53	58	51
Deaths at all ages.	34	59	40	43	40	32	31
Deaths under 1 year.	8	16	8	12	5	5	1
All Saints' Population.	4047	4047	4377	4451	4451	4463	4615
Births registered.	106	96	88	90	70	92	70
Deaths at all ages.	48	52	36	43	33	38	39
Deaths under 1 year.	13	14	5	8	7	5	7
Averages of Years 1903 to 1908.	Population.	Exning. 4056		St. Mary's. 2596		All Saints'. 4306	
	Births registered.	94		63.		90	
	Deaths at all ages.	35.5		41		41	
	Deaths under one year.	7		9		8.	

TABLE III.

CASES OF INFECTIOUS DISEASE NOTIFIED DURING THE YEAR 1909.

NEWMARKET URBAN DISTRICT.

Notifiable Disease.	Cases Notified in whole District.					Total Cases Notified in each Locality.		
	At all Ages	At ages - years.				Exning.	St. Mary's.	All Saints.
		1 to 5	5 to 15	15 to 25	25 to 65			
Diphtheria (including Membranous Croup).	3		2		1	1	2	-
Erysipelas.	3				3	2	1	-
Scarlet Fever.	35	6	27		2	17	3	15
Enteric Fever.	5		1	1	1	3		
Totals.	44	6	30	1	7	23	6	15

37 Cases were removed to the Isolation Hospital as under :-

From Exning.-	Scarlet Fever	16.	Enteric Fever	3.	19
.. St. Mary's.	..	3	Diphtheria.	2	5
.. All Saints.	..	13			13
					37

Joint Isolation Hospital, Fordham Road. Total available beds 30.

TABLE IV
CAUSES OF, AND AGES AT, DEATH DURING THE YEAR 1909.
NEWMARKET URBAN DISTRICT.

Causes of Death.	Deaths at the subjoined ages of "Residents" whether occurring in Or beyond the District.							Deaths at all ages belonging to Localities whether in or beyond the District.		
	All ages.	Under 1 year	1 to 5	5 to 15	15 to 25	25 to 65	65 or over.	Ex-ning	St. Marys	All Saints.
Whooping Cough.	1	1	-	-	-	-	-	-	-	1
Enteric Fever.	1	-	-	-	-	1	-	1	-	-
Epidemic Influenza.	1	-	-	1	-	-	-	1	-	-
Diarrhoea.	1	-	1	-	-	-	-	1	-	-
Enteritis.	1	-	-	-	-	-	1	-	-	1
Phthisis, (Pulmonary Tuberculosis.)	8	-	-	1	-	7	-	3	3	2
Other tuberculous diseases. }	1	-	1	-	-	-	-	1	-	-
Cancer.	12	-	-	-	-	8	4	5	4	3
Bronchitis.	4	-	2	-	-	1	1	2	-	2
Pneumonia.	5	-	1	-	1	2	1	2	-	3
Alcoholism Cirrhosis of liver. }	7	-	-	-	-	4	3	2	1	4
Premature birth.	1	1	-	-	-	-	-	-	-	-
Heart diseases.	8	1	-	-	-	4	3	3	4	1
Accidents.	1	-	-	-	-	-	1	-	-	1
All other causes.	48	7	2	1	1	11	26	9	19	21
All causes.	100	10	7	3	2	38	40	30	31	39

There were 54 deaths in Public Institutions in the District :-
Diphtheria 2, Enteric Fever 1, Phthisis 4, Other Tuberculous diseases 1, Cancer 3, Bronchitis 1, Alcoholism 3, Heart diseases 1, Other causes 38.

TABLE V.

INFANTILE MORTALITY DURING THE YEAR 1909.

DEATHS FROM STATED CAUSES IN WEEKS & MONTHS UNDER ONE YEAR OF AGE.

NEWMARKET URBAN DISTRICT.

Cause of Death.	Under one Week.	2 to 3	3 to 4	Under one Month.	2 to 3	3 to 4	4 to 5	Total Deaths under one Year.
ALL CAUSES, Certified.	3	2	1	6	2	1	1	10
Whooping Cough.	-	-	-	-	1	-	-	1
Premature Birth.	-	-	1	1	-	-	-	1
Congenital Defects.	-	-	-	-	-	1	1	2
Atrophy, Debility, Marasmus.)	3	1	-	4	1	-	-	5
Convulsions.	-	1	-	1	-	-	-	1
	3	2	1	6	2	1	1	10

Population estimated to middle of 1909 :- 11,855.

Births in the year	{	legitimate.-	195
	{	illegitimate.-	13
Deaths in the year of	{	legitimate infants.-	9
	{	illegitimate ,,	1
Deaths from all Causes at all Ages.-		100.	

To -

The Chairman and Members

of the Newmarket Urban District Council.

Gentlemen,

I beg to submit my report as Surveyor and Inspector of Nuisances for the year 1909.

HIGHWAYS.

The following Roads have been repaired :-

Cheveley Road, Fordham Road, part with slag and part with Granite and Tarvia, Exning Road (part) King Edward VII. Road.

The following material has been used :-

Granite.	920 Tons.
Slag.	300 Tons.
Tarvia.	243 Tons.
Do. (liquid)	4,040 Gallons.
Tar Macadam.	51 Tons.

The year 1909 will always be remembered as having been a disastrous one as regards the maintenance of the roads. With the exception of a short spell of fine weather in May the conditions were never favorable for tar painting, and it must be taken as due to this fact that the result of the 100,000 super yards treated in June were not so satisfactory as those treated the previous year, this however has been the case throughout the Kingdom.

The alternate frosts, thaws, and rains which prevailed at the end of the year seriously affected many of the roads, and in those cases where there was little or no metal the result was deplorable - The cost of Scavenging this year is therefore in excess of last year.

STREET IMPROVEMENTS.

Several Street improvements have been carried out during the year :-

MARKET STREET.

The Setts have been taken up in Market Street and a Tar macadam carriage-way laid.

WELLINGTON STREET.

Tar macadam has been laid in Wellington Street and with the exception of the subsiding over the Sewer trench the result is satisfactory.

THE ROCKERY.

Five houses purchased by the Council were pulled down and the site cleared. The work was done by direct labour, and after realizing the value of the old material the result showed a slight profit.

Kerbing has been laid in Cheveley Road, Cotton End and Fordham Road.

Tar macadam footpaths have been made up on the Bury Road and Fordham Road.

SEVERALS IMPROVEMENT.

An improvement has been carried out at the junction of Bury Road and Fordham Road.

The triangular piece of ground taken over by the consent of the Jockey Club has been laid out and planted, and during the coming year will, I hope, shew an attractive appearance.

SEWAGE FARM.

The work in connection with this department has been satisfactorily carried on. The exceptional rainfall, particulars of which are given below, has however increased the cost of maintenance, the consumption of Coal being rather more than 65 tons in excess of that consumed in 1908.

Crops of Oats, Kohl Rabi and Mangolds have been sown both at the Exning and Newmarket Farms and have been well up to the average.

Some trouble has been experienced with the Injectors at the Exning Farm and during the latter part of the year the amount of pumping required has been excessive owing to the water which finds its way into some of the Manholes.

In consequence of a great demand for flints, shingles and sand it was deemed advisable to continue the work of raising same, and the following quantities have been raised :-

Sand.	1140 cubic yds. at 1/6	£	s	d
		85	10	0
Flints.	760 ,, ,, ,, 3/-	114	0	0
Shingles.	90 ,, ,, ,, 4/-	18	0	0
		<hr/>		
Amount paid for labour -		£217	10	0
		97	2	6
Showing a profit of -		£120	7	6
		<hr/> <hr/>		

Important alterations were carried out during the latter part of the year at the Newmarket Farm, viz :- the conversion of No. 1. Coarse contact bed into two Septic tanks, and the construction of a 40 foot diameter circular percolating filter fed by the Adams Hydraulic Company's distributor. This work is already proving of material benefit, both as regards

100

1217

100

1900

10

improvement in the tank effluent, which is now turned on to the remaining Contact beds, and also in the capacity and the resulting effluent of the percolating filter.

REFUSE DESTROYER.

2,249 Loads of House Refuse and 173 loads of Trade refuse have been destroyed.

The inclined roadway to the Destructor has been repaired.

All the Boilers have from time to time been inspected and a satisfactory report received in each case.

The rainfall as taken at the Farm is as follows :-

January.	.87	July.	3.07
February.	.14	August.	2.00
March.	2.40	September.	2.08
April.	1.33	October.	4.16
May.	1.15	November.	.48
June.	5.23	December.	3.12
Total.			23.05. inches.

SEWERAGE.

Several properties have been connected to the Sewers.

A 9-inch surface water drain has been laid by the Cemetery, the result of which has been to prevent the flooding around the Cambridge Road during the latter part of the year.

A great quantity of water has come down the Dullingham Brook, and on several occasions the Culvert has been so full that a serious back flow has taken place into the foul sewer, the re-fixing of the flaps will however remedy this.

Certain premises have been flooded during the year, the worst cases being on September 22nd.

The construction of reliefs from the Manholes in All Saints' Road will I hope however prevent any serious cases in the future.

SANITARY WORK.

Particulars of the Infectious cases are given in the Medical Officer of Health's report, disinfection of both rooms and bedding has been systematically carried out.

I have, with the Medical Officer of Health made a number of Sanitary inspections, as a result of which various notices have been served and complied with.

Some 54 notices were served on Owners or occupiers to provide receptacles for the collection of House refuse. The notices have been complied with.

Various Dairies, Milk-shops, Cowsheds, Slaughter houses and Common Lodging Houses have been inspected at various times.

I have made a number of inspections under the Factory & Workshops Act, 1901. and in cases where notices were served the necessary work has been carried out.

A case which came before the Magistrates on July 20th, for not providing proper covering to the carts conveying manure through the streets was not successful, but a certain amount of good was done in making it public, as causes for complaint in this respect have been very considerably reduced since then.

Six samples of water have been taken and submitted for Analysis, and when found unfit for domestic use the Company's water has been laid on and in one case a new well has been sunk.

I append a Summary which will give you some further details :-

Inspections made.	<u>182</u>
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Plans approved as follows :-

Motor Garage.	1
New Houses.	4
Club House.	1
Alterations & Additions.	12
New loose Boxes & Stables.	1
	<u>19.</u>

Notices to sell Carbide of Calcium.	7
,, ,, ,, Petroleum.	6
,, ,, Lop trees & prune hedges.	25
,, of intention to open & inspect drains.	16
,, to lay on Company's water.	4
,, from Water Company.	5
,, ,, Gas Company.	82
,, ,, Electric Light Company.	13
Foul W.Cs'.	4
,, Urinals.	6
Drains & Gullies blocked.	12
New drains required.	3
Accumulation of Refuse.	3
Complaints of water.	4
,, ,, Pigs.	2
Drains tested.	14
Foul Yards.	4
Unconnected W.C.	1
Wells Inspected.	5
Complaint of smoke.	1

I have the honour to be

Gentlemen,

Your obedient servant,

(Signed) C. H. Waithman. Assoc.Mem.Inst.C.E.

Surveyor. &c.

1895

REMARKS ON THE PROGRESS OF THE

(1895)

ANNUAL REPORT OF THE
OFFICE OF THE
RECORDS AND DOCUMENTS

1909.

NEWMARKET URBAN DISTRICT COUNCIL.

(Copy)

ANNUAL REPORT OF THE MEDICAL
OFFICER OF HEALTH FOR THE YEAR
ENDING 31st DECEMBER 1909.

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